

## What Do You Know?

*True or False*

*Smoking cigars is safer than smoking cigarettes.*

*True or False*

*If you remove the "cancer stick", you will not get cancer.*

*True or False*

*Tobacco companies use over 4,000 chemicals to make their products.*

*True or False*

*There are over 40 cancer-causing chemicals in cigars and cigarettes.*

*Each year, a person who smokes a pack of cigarettes a day spends about how much a year?*

- a. \$200
- b. \$400
- c. \$600
- d. \$1,000

*True or False*

*Smokers' wounds heal more slowly than non-smokers'.*

*False, False, True, d., True*

  
**Louisville**  
METRO  
HEALTH DEPARTMENT

**Tobacco Prevention and Cessation Program**

400 East Gray Street • Louisville, KY 40202

Email: [LAFLAB@loukymetro.org](mailto:LAFLAB@loukymetro.org) or

call **574-STOP**

 Jefferson County Smoke Free Coalition 

**The LAFLab**

...Where NicoTEEN Addiction  
is No Laughing Matter

**Leave Addiction  
Forever (LAF Lab)**

- **FREE**
- **One-hour Sessions**
- **During or after school**
- **FREE snacks**
- **8 Sessions (1 per week)**



**574-STOP**

# Let's Be Blunt!

## Peer Educator Opportunities

*"Let's Be Blunt" trains teens as peer leaders to educate other teens about the bad effects of smoking cigarettes, cigars, and blunts. If you or your organization is interested in participating in this community service activity, please contact us at: [LAFLAB@loukymetro.org](mailto:LAFLAB@loukymetro.org) or call 574-STOP.*



1,200 Americans A Day  
Die From Tobacco  
Products.

# Let's Be Blunt!

Over 80% of All Adult  
Smokers Started  
Before They Turned 18.

Every 8 Seconds,  
Someone Will Die  
Due To Tobacco.

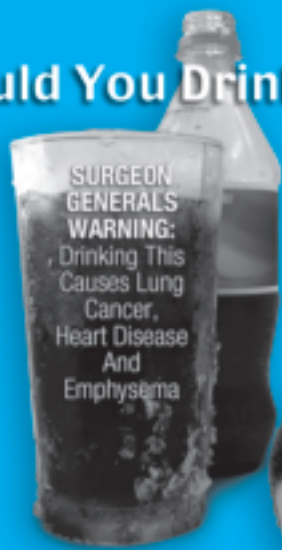
2,000 Teens Will  
Start Smoking  
Every Day.

Call  
**574-STOP**

 Jefferson County Smoke Free Coalition 



Would You Drink This?



Would You Eat This?



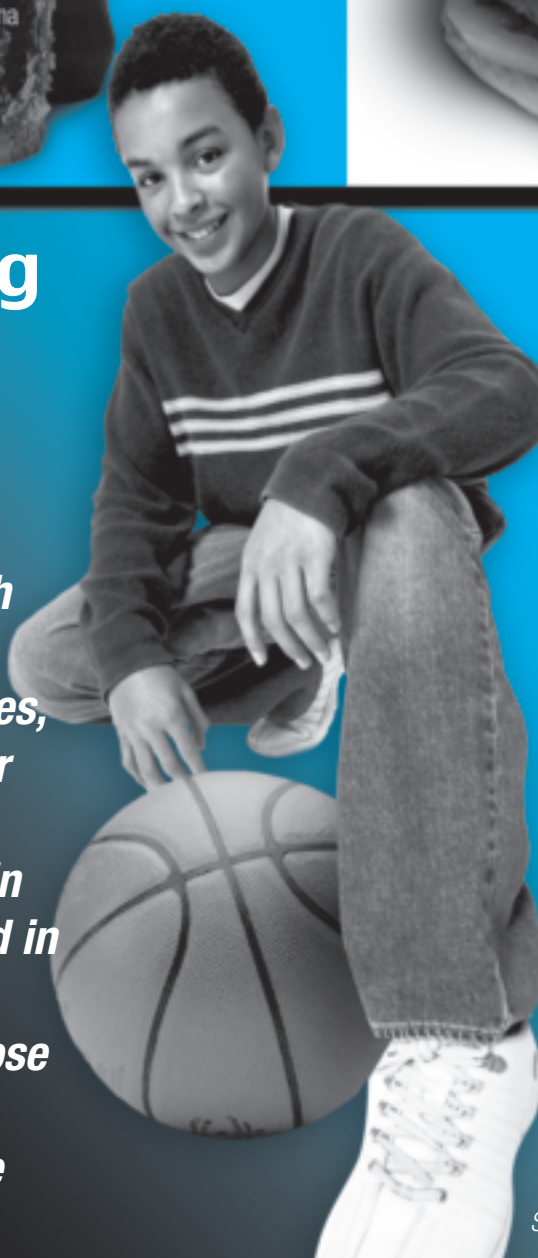
Would You Smoke This?



**So  
Why  
Are You  
Still  
Smoking?**

## Smoking Affects Your Game

- **Stained teeth and fingers**
- **Smelly clothes, skin and hair**
- **Bad breath**
- **Wrinkled skin**
- **Holes burned in your clothes**
- **Rotten or loose teeth**
- **Gum disease**



## Cigarette Facts

- Cigarettes contain over 4,000 chemicals
- Smoking is the most preventable cause of death
- Menthol cigarettes contain more nicotine and cancer causing chemicals than regular cigarettes
- Cigarettes and cigars produce a black "tar" that sticks to the lungs

## Cigar Facts

- Cigars contain 3-5 times more nicotine and tar than a cigarette
- Taking the cancer stick out of a cigar does not reduce your chances of cancer
- Cigars are not safer than cigarettes
- Blunts are more harmful to the lungs

Some statistics gathered from [www.thetruth.com](http://www.thetruth.com)

## Short Term Effects

- Shortness of breath
- Restricted blood flow
- Less lung growth
- Dry mouth and throat
- More coughs and colds
- Blunts cause sleepiness, hunger and bloodshot eyes
- Blunts harm short-term memory, concentration and coordination

## Long Term Effects

- Lung diseases
- Slower healing wounds
- Greater chance of cancer
- Heart disease
- Emphysema
- Addiction
- Hairy tongue

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**574-STOP**

